

# COMMUNITY NUTRITION TEAM

# CACFP Today

A Newsletter from the Wisconsin Department of Public Instruction, Division of Finance and Management

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## Food Buying Guide Online Calculator

The National Food Service Management Institute and Team Nutrition have developed an online calculator to be used with the United States Department of Agriculture (USDA) Food Buying Guide (FBG) for Child Nutrition Programs. The interactive and simple to use calculator allows child nutrition professionals to build shopping lists of foods from the FBG and determine how much of each item to purchase to provide enough servings for the children in their program.

You can find the online calculator by visiting: <http://fbg.nfsmi.org/>. For more information about the FBG or to download your free copy, visit the Team Nutrition Website at: <http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>.

## Civil Rights Training Required Annually

In order to meet regulations provided by the USDA, training on civil rights must be provided to staff at your center(s) annually. Training will be provided by the Department of Public Instruction (DPI) to local agencies at the annual administrative training sessions. Local agencies are then responsible for training members of their staff. Staff who interact with program applicants or participants, and those persons who supervise them, must be provided civil rights training on an annual basis. Specific subject matter must include, but is not limited to: collection and use of data, effective public notification systems, complaint procedures, requirements for reasonable accommodation of persons with disabilities, requirements for language assistance, conflict resolution, and customer service. Records indicating the agency staff who received the civil rights training, the civil rights topics covered, and the date that the civil rights training was completed must be retained on file. Information on this requirement can be found in Guidance Memorandum 8. Refer to website: <http://dpi.wi.gov/fns/training.html> to access the *Civil Rights* PowerPoint handout that may be used to complete the required civil rights training with your agency's staff.

## Child Care Obesity Prevention

“Obesity in children has been identified as the most prevalent and serious nutritional disorder in the United States.”<sup>1</sup> Over 20% of preschoolers in the United States (US) are already overweight or obese.<sup>2,3</sup> Being overweight or obese at a young age puts these children at premature risk for developing comorbidities such as atherosclerosis, type two diabetes, sleep apnea, hypertension, hyperlipidemia, asthma, lower self-esteem, and psychological and social stress.<sup>3</sup> Approximately three quarters of children between the ages of three to six years in the US spend time in a organized child care setting; this number does not include the additional children who are in less-formal care settings such as family, friend, or neighbor care.<sup>4</sup> “The widespread prevalence of obesity in childhood, even at the preschool age, can sound rather discouraging. Is there any hope for prevention at the environmental level in order to turn this epidemic around?”<sup>2</sup>

The majority of children in organized child care are there for at least 15 hours each week.<sup>4</sup> Half to three quarters of a child's daily intake is typically consumed in child care. In 1977 there were approximately 5,000 child care centers, in 2007 it was estimated that there are 119,000 centers with an estimated additional 238,000 family child care homes.<sup>4</sup> Approximately 82% of children under the age of six receive care outside of their home.<sup>3</sup> Children adopt early nutrition-related behaviors through their child care, as it often serves as a home away from home for the children. Research has discovered that patterns of nutrient intake and food habits that are acquired during childhood track into adolescence and even adulthood. Unfortunately, research has shown that preschool aged children in child care are largely inactive and often do not meet nutrient recommendations. Therefore, child care centers represent an opportunity to engage children in living healthier lifestyles.<sup>5</sup>

Child care centers play a vital role in promoting healthful eating habits and regular physical activity in young children to assist in improving the current obesity epidemic and promoting a long lasting healthy lifestyle. This may be achieved through achieving recommended benchmarks for meeting a child's nutrition and nutrition education needs in a safe, sanitary, and supportive environment that promotes healthy growth and development.

...see *Obesity* continued on page 2

# Obesity ...continued from page 1

## Caregiver Roles

Young children learn about eating by observing the food preferences and eating habits of their primary role models, their caregivers. “Providers need to model healthful eating practices and encourage young children to eat a variety of foods and to try new foods, while not following the old adage of “clean your plate” or using food as a reward or punishment for other behaviors.” Caregivers should include parents and other family members in discussions about food choices and role modeling in order to provide reinforcement of healthful dietary practices in the home setting.<sup>6</sup>

One study that analyzed body mass index (BMI) and dietary intake among children in Head Start and their caregivers discovered that 25% of children were obese and 3.8% of children were underweight; 58% of African American caregivers were obese compared to 41% of Hispanic caregivers and 42% of white caregivers. The prevalence of obesity among the children who were white was 37% compared to 24% of Hispanic children and 18% of African American children. Strong correlations were determined between caregiver BMI and child BMI scores in African American and Hispanic groups, but not in the white group. Results determined that children were 1.9 times more likely to be obese if their caregiver was obese. This study concluded that the prevalence of obesity in Head Start children and their caregivers is high and the BMI of the child relates positively to the caregiver’s BMI. It also determined that white children are significantly heavier than Hispanic or African American children.<sup>7</sup>

## Environmental Factors

There are several known environmental factors that influence a child’s nutrition and physical activity. An environmental factor can be social; for example, a treat such as a cookie is used to reward good behavior. Another factor is physical; for example, some centers may not have adequate outdoor space to provide sufficient outdoor equipment for children. Finally, policy is an environmental factor when centers set nutrition standards for meals or minimum required time for organized play.<sup>5</sup> Messages may be conveyed through modeling, in guided practice, in conversation, and through instruction. Children were found to be more accepting of new foods when modeling was combined with encouraging comments. When foods and beverages are served family style (children select their own portions and serve themselves) it may encourage better self-regulation in the child’s intake. It is also important that the eating environment supports children’s health and safety.

Nutrition education should be incorporated into a child’s daily routine. Books, hands-on experiences, and conversations can assist the child in learning about nutrition. It has been proven that when children taste, smell, and manipulate foods that are new to them, they are more likely to eat them or at least try them, after repeated exposure. Regular physical activity can also promote healthy weight, enhance motor skills, and improve cardiovascular function in children. Some research has

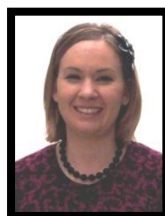
suggested that physical activity and other weight-related behaviors begin in early childhood and track overtime. Therefore, it is important that physical activity is encouraged in early childhood to provide long-term benefits. A child’s level of physical activity is dependent upon their child care program.<sup>4</sup>

Childhood obesity rates are at an all time high. A large percentage of children spend the majority of their time in care outside of their home. Therefore, child care providers play a significant role in influencing a child’s eating behavior and frequency of physical activity. However, it is important that child care providers portray a similar message to parents and involve them in the child’s process of learning to live a healthful lifestyle.

## References

The preceding information is a summary of a Practice Paper, *The Nutrition and Physical Activity Environment of Child Care Settings and Their Role in Childhood Obesity Prevention*, written by Nutrition Program Consultant, Megan Dobesh, RD, CD.

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## Welcome Jennifer

Join us in welcoming Jennifer Heidenreich as our new Nutrition Program Consultant for the Community Nutrition Team. Jennifer has been working with the Women, Infant and Children nutrition program for the

Southwestern Community Action Program in Dodgeville, WI. She has been a Certified Lactation Specialist since 2008.

Jennifer is a graduate of Mount Mary College in Milwaukee with a degree in dietetics. She spends her free time gardening, reading, spending time with family, going to local farmers markets, canning garden produce and trying new recipes. Jennifer’s favorite food is homemade salsa and any fruit.



## New Guidance

USDA has issued a few Policy Memos since our last Newsletter edition. A link to the USDA Policy Memos can be found on our website under **USDA CACFP Policy Memos** at: <http://dpi.wi.gov/fns/cacfp1.html>.

## Grant Opportunities

Did you know...? The DPI maintains a website offering information on grant opportunities that may be of interest to you and your agency. Check it out at:

<http://dpi.wi.gov/fns/grantop.html>. Below are a couple of grant opportunities found through a link on the DPI website.

KIDSGARDENING.ORG is a resource of the National Gardening Association. The following grant information can be found at:

<http://www.kidsgardening.org/grants-and-awards>.

***It's All About the Fruit and Veggies!*** Grant Application  
Deadline: February 15, 2012.

Passionate about supporting schools and communities by promoting health, wellness and physical activities, *Jamba Juice* is sponsoring the *It's All About the Fruit and Veggies* grant program to provide schools with \$500 in gardening supplies, curriculum, soil amendments and plants to help create engaging nutrition and gardening experiences.

***2012 Mantis Awards for Community and Youth Gardens*** Grant  
Application Deadline: March 1, 2012.

Each year, Mantis presents the *Mantis Awards* to charitable and educational garden projects that enhance the quality of life in their host communities. The National Garden Association selects 25 outstanding applicants to receive Mantis tiller/cultivators.

## 2012 Due Dates for Quarterly Nonprofit Food Service Financial Reports

**For Sponsoring Organizations ONLY** (those with two or more sites on the food program):

1<sup>st</sup> Quarter (reporting period October 1, 2011 – December 31, 2011) is due **March 1, 2012**.

2<sup>nd</sup> Quarter (reporting period January 1, 2012 – March 31, 2012) is due **June 1, 2012**.

3<sup>rd</sup> Quarter (reporting period April 1, 2012 – June 30, 2012) is due **September 1, 2012**.

4<sup>th</sup> Quarter (reporting period July 1, 2012 – September 30, 2012) is due **December 1, 2012**.

The reporting form (PI-1463-A) is available online at: <http://dpi.wi.gov/fns/centermemos.html> under Guidance Memorandum 11. Any questions please contact Cari Ann Muggenburg at 608-264-9551, or by e-mail at: [cari.muggenburg@dpi.wi.gov](mailto:cari.muggenburg@dpi.wi.gov).

## Wellness in Childcare

Over the past three decades, child care centers have replaced the family table as the learning environment for young children's food habits. Nationally, the CACFP serves 3.3 million infants and children and 112,000 adults daily. In Wisconsin alone, we have the capacity to serve more than 170,000 children! All of you have the ability to influence, inspire and impact the health of thousands of children and their families each year! This is pretty amazing!

In recognizing the importance of child care settings in helping our youngest children get a healthy start, visit the DPI Wellness page at: <http://dpi.wi.gov/fns/cacfpwellness.html> for useful tips and information. Here you will find:

1. *Active Early* and *Healthy Bites*, helpful guides to support a healthier environment for children in the Early Care and Education setting.
2. *Active Early* and *Healthy Bites* training webcasts; suggested viewing with the guides.
3. Nutrition & menu planning, physical activity and movement resources.
4. Farm to Child Care resources.
5. Resources for families.

Speaking of Farm to Child Care...is one of your program's New Year's resolution to start or expand a gardening space? This is the year to get out the shovel and have the children dig in! Through the process of planting, weeding and harvesting, children can discover where food comes from; experience the wonderful tastes and textures of fruits and veggies while learning to enjoy a lifelong outdoor activity.

Make sure to check out the two publications, *Got Dirt?... Garden Toolkit* and *Got Veggies?...a Garden-based Nutrition Education Toolkit* both available on our wellness website. If 'hands-on' is more your style, sign up for the FREE *Got Dirt?* state-wide training sessions that are available January through May 2012. Visit: [www.GotDirtWisconsin.org](http://www.GotDirtWisconsin.org) for more information. Seating is limited so register early.

To further assist you and your program to adopt healthier child care programs and policies, USDA will be putting out a new publication in March 2012. The publication, *The CACFP Health and Wellness Technical Assistance Handbook*, will cover tips on all the different food groups (including food allergies and choking hazards), physical activity, and screen time recommendations that are consistent with the Dietary Guidelines for Americans. It will also include a best practices section featuring success stories from various programs, and a practical application section for how providers can implement these tips in their program.



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## CACFP Today

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## February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
American Heart Month <a href="http://www.heart.org">www.heart.org</a>						
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15 Claim Due <sup>2</sup>	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

## March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
GET YOUR PLATE IN SHAPE  <a href="http://www.eatright.org/nmm">www.eatright.org/nmm</a>				1 Qtrly NPFS Report Due <sup>1</sup>	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Claim Due <sup>2</sup>	16	17
18	19	20	21	22	23	24
National CACFP Week March 18 – 24 <sup>th</sup>						
25	26	27	28	29	30	31

## April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
National Garden Month <a href="http://www.nationalgardenmonth.org">www.nationalgardenmonth.org</a>						
8	9	10	11	12	13	14
National Library Week April 8 – 14 <sup>th</sup>						
15 Claim Due <sup>2</sup>	16	17	18	19	20	21
22 Earth Day	23	24	25	26	27	28
29	30					

<sup>1</sup>Qtrly NPFS - Quarterly Nonprofit Food Service (**Report Due for Sponsors of more than 1 site only**)

<sup>2</sup>Claim Due - CACFP reimbursement claim is suggested to be submitted by the 15<sup>th</sup> of the following month of the claim month. Claims will be accepted if submitted within 60 days after the end of the claim month.

**\* DPI State Offices Closed**

All of the CACFP Newsletters are available electronically on our website at: <http://dpi.wi.gov/fns/newsltrcnt.html>.